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- Work injuries
- Family practice

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Tuesday, June 23, 1998

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THE LEMON GROVE

REVIEW



Spring Valley vet adds another bowling medal at National Golden Age Games

East County's Richard "Hutch" Hutchinson is a hard act to follow. But the man who won a medal in bowling at last year's National Veterans Golden Age Games Wheelchair Division took the silver medal this year in the same sport.

The multievent sports and recreational competition was played at Xerox Document University in Leesburg, Va., May 22 - 27.

Hutchinson, a World War II veteran living in Spring Valley, is among the eligible veterans, age 55 or over, who are receiving medical treatment at Veterans Administration (VA) hospitals around the country. He is being treated at the San Diego facility.

According to Hutchinson, it means a lot of camaraderie with other veterans.

"It is a focalization tool and it's a chance to get away from home and meet new friends," he said.

This year's games were hosted by the VA Capitol Network, which consists of VA medical facilities in Martinsburg, W. Va., Washington, D.C., and Baltimore, Md., and is co-sponsored by the VA and the Veterans of

Foreign Wars.

The games showcase the role of recreational therapy in VA medicine. The VA has found that participation in sports and competitive involvement enriches an aging veteran's life physically, socially and emotionally.

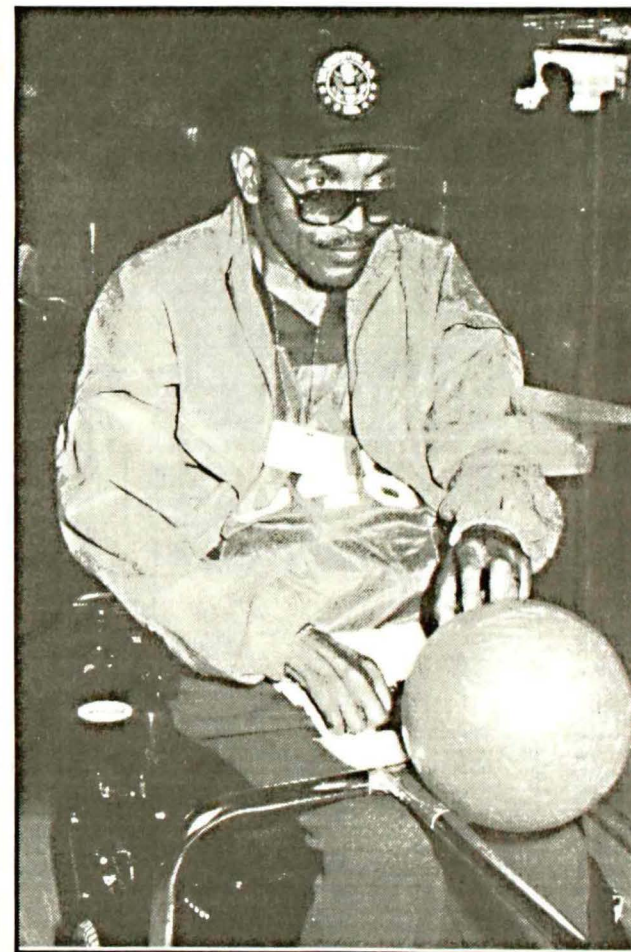
The games encourages VA patients over the age of 55 to make physical activity a central part of their lives and support the programs comprehensive recreation therapy programs.

This year, more than 400 athletes from across the U.S. competed, according to their ability and age group of 55 - 59, 60 - 64, 70 - 74 and 80 or older.

Events included open division swimming, bicycling, golf, pentathlon (shot-put, discus, softball hit, basketball free-throws and air gun), table tennis, dominoes, tennis, shuffleboard, horseshoes, pool, checkers and croquet.

The wheelchair division includes horseshoes, swimming, shuffleboard, bowling, table tennis, eight ball and pentathlon.

The visually impaired division includes shuffleboard, horseshoes, dominoes, checkers and bowling.



By taking aim carefully, Richard Hutchinson won a silver medal on May 26 in the bowling Wheelchair Division competition at this year's National Veterans Golden Age Games which were held in Leesburg, Va.

Vol. 50, No. 88

Community Notes

Free senior support groups available

Grossmont Hospital is running three free support programs for seniors.

"The Wellness Community" is a support group for those seniors, and their loved ones, who are living with cancer. For more information, call 467-1065.

Breast cancer support groups meet from 5:30 to 7 p.m. on the second and fourth Thursdays of each month at the David & Donna Long Center for Cancer Treatment. Contact Judi Snyder, LCSW at 644-4519.

The Caregiver Support Group meets from 3:30 to 4:30 p.m. Thursdays in Classroom 15 of Grossmont Hospital's Briar Patch Campus, 9000 Wakarusa Road, La Mesa. Call 1-800-827-4277 for registration and information.

PUBLIC NOTICES

CITY OF LEMON GROVE NOTICE ADVERTISING FOR PROPOSALS

Sealed proposals will be received at Lemon Grove City Hall located, 3232 Main St., Lemon Grove, California, up to the hour of: 2:00 p.m., on the 7th day of July 1998 for performing work as follows:

BROADWAY AND MASSACHUSETTS RIGHT TURN LANE IMPROVEMENTS PROJECT CONTRACT NO. 98-14 PROJECT DESCRIPTION:

The work to be done consists of furnishing all materials, equipment, tools, supervision, labor, and incidentals required to complete the above stated project. The work includes, but is not limited to: Removal of approximately 292 linear feet of existing curb, gutter and sidewalk; Removal of one existing curb inlet and the relocation of traffic and/or street signs; Construction of an 8' wide right turn lane consisting of approximately 282 linear feet of curb and gutter; installing one traffic signal, one 10' type "B-1" curb inlet, one type "A-4" cleanout and 18 linear feet of 24" r.c.p. storm drain.

The bids received will be publicly opened and read at City Hall, 3232 Main Street, Lemon Grove, CA. 91945, at the time stated above. Award shall be made by the City Council at a meeting subsequent to the date above set for the opening of bids.

The bid package may be examined at the Lemon Grove City Hall, 3232 Main Street, Lemon Grove, CA. Copies of the bid package and the specifications may be obtained by calling Scantech, Inc. at (619) 495-0727 and picking them up at 7283-H Engineer Road, San Diego, CA. 92111 for a non-refundable charge of approximately \$12.00. The mailing fee is dependent on desired method of delivery. All bidders should direct their questions during the bidding period to Carmen Kasner, John Powell & Associates at (760) 753-1120.

All work must be completed in 50 days after the commencement date stated in the Notice to Proceed. No bid will be accepted from a Contractor who has not been licensed in accordance with the provisions of Chapter 9, Division III of Business and Professions Code. The bidder for this Contract must possess a valid General Engineering Contractors "A" License. The successful bidder must have a City of Lemon Grove Business License prior to commencement of work.

The City Council of Lemon Grove hereby notifies all bidders that it will affirmatively insure that any contract entered into pursuant to this advertisement for bids, that minority business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, sex, or national origin in consideration for an award.

Attention of bidders is particularly called to the requirements of wage rates to be paid under the Contract. It should be noted by all bidders that the current State Prevailing Wage Rate Scale for the San Diego area will be required to be paid by all bidders under the conditions of the Contract. Specifically, this wage scale is the most recent "General Prevailing Wage Determination Made By The Director of Industrial Relations Pursuant To California Labor Code Division 2, Chapter 1, Part 7, Article 2, 3 and 5." It shall be the responsibility of the Prime Contractor to comply with all applicable sections of the California Labor Code including but not limited to Sections 1776 and 1777.5.

The City Council reserves the

right to reject any and all bids, any combination of bids, or any informality in a bid. Bids must be accompanied by a 10 percent bid bond as specified in Section 1, General Information for Bidders for the documents. No bidder may withdraw his bid without forfeiture of his bid bond within sixty (60) days after the actual date of the bid opening.

Prospective bidders are hereby directed to pay particular attention to the applicable section in the specifications for full directions and requirements as to submission of bids, bonds and agreements.

The City of Lemon Grove complies with the Americans with Disabilities Act. If you require reasonable accommodations for this bid opening, contact the City Clerk's Office. (619) 464-6934 at least 48 hours prior to the scheduled opening.

Lemon Grove Review
June 23 & 30, 1998

NOTICE OF PETITION TO ADMINISTER ESTATE OF KATHLEEN GREENWOOD CASE NO. P172611

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of KATHLEEN GREENWOOD:

A PETITION FOR PROBATE has been filed by PATRICIA C. WRAITH in the Superior Court of California, County of SAN DIEGO.

THE PETITION FOR PROBATE requests that PATRICIA C. WRAITH be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on JULY 13, 1998 at 1:45 p.m. in Dept. 35 located at 220 W. BROADWAY, San Diego, CA 92101.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner
SAXON J. WRAITH
226 Church Avenue
Chula Vista, CA 91910

Lemon Grove Review
June 18, 23 & 25, 1998

The Lemon Grove Review

(USPS NO. 309-840)

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Assistant to the publisher:

Trudy Thomas

Sports Editor: Marv Rosen

Contributing writers: Cheryl Cohen, Greg Eichelberger, Michael Krawczak,

Joe Naiman, Paul Treske,

Betty Jo Tucker

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope.

Material can be sent via e-mail at the following address: yscmr@adnc.com.

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance.

Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

Proud Member Lemon Grove Chamber of Commerce



Lemon Grove Almanac

1994 Population: 25,100
Incorporated: 1977
Area: 3.75 sq. mi.
Median income: \$34,399
1996-97 city budget: \$26.3 million
1996 taxable sales: \$265 million

Mayor: Mary Teresa Sessom
Council: Thomas Clabby
Craig Lake
Dwight Shelley
Jeff Jandura

City Manager: Doug Yount
Planning Director: Linda Niles
City Attorney: Gloria McLean
City Clerk: Christine Taub
Sheriff's Capt.: Yolanda Collins

Congressional district:
52nd - Duncan Hunter
State Senate district:
40th - Steve Peace
State Assembly district:
77th - Steve Baldwin
Supervisory district:
2nd - Dianne Jacob

Libraries: 1
Post offices: 1

Grossmont College adult offerings span the world

The Grossmont College Community Learning Department will be holding various classes with different international themes. They are as follows:

Japanese Summer Cuisine - to be held from 9 a.m. to 12 p.m. Saturday at Grossmont College, Room 373, 8800 Grossmont college Drive in El Cajon. In learning about Japanese cuisine, students will get menu ideas and techniques to add to everyday cooking. The fee is \$23.

Shiatsu Massage - to be held from 9 a.m. to 3:30 p.m. Saturday in room 345A at Grossmont College. Shiatsu, an ancient healing and massage technique will be explored while learning the history and meaning of shiatsu massage. Loose-fitting clothing is recommended. Students are also urged to bring a mat or blanket and a sack lunch. Cost is \$39.

Feng Shui: The Chinese Art of Science and Placement - held from 10 a.m. to 1 p.m. Saturday in Room 552 at Grossmont College.

Students will be introduced to the wisdom of Feng Shui, the ancient art and science of achieving harmony in one's environment through the precise arrangement of buildings, rooms, furniture and objects.

Simple techniques which may be applied immediately and inexpensively in the home or work environment will be presented. Cost is \$27 for three hours of instruction.

Just Latin will be held from 7 to 9 p.m. Mondays through July 27 at the Regency Park Retirement Residence, Crystal Palace Room, 5740 Lake Murray Blvd. in La Mesa. Participants will learn the popular dances enjoyed in the Latin scene such as Salsa, Meringue, Argentina Tango and more. Cost is \$29 per person or \$49 per couple.

Preregistration is suggested for any of the classes by calling 670-3994.

Lemon Grove Sheriff's Log

May 29-31, 1998

2300 blk. El Prado Ave. Petty theft. \$5 value.

2200 blk. El Prado Ave. Residential burglary. \$200 value.

May 31, 1998

8200 blk. Broadway. Petty theft. \$200 value.

June 1, 1998

7900 blk. Lincoln. Strong armed-robbery. \$550 value.



Friday, nearly an hour after sunset, locate crescent moon low in west to west-northwest, with Mercury some 19 degrees to its lower right, and Regulus about the same distance to moon's upper left. Tonight, Mercury is at its closest to fainter Pollux.

Look for that star 4.8 degrees to the planet's upper right. Castor is 4.5 degrees to right of Pollux (and a little higher, from northern U.S.) Use binoculars to hop from Mercury to Pollux to Castor. Binoculars magnifying 7X to 10X should fit two of the three bodies within the field of view at once.

Saturday, nearly an hour after sunset, locate the waxing crescent moon in west with Regulus 5 or 6 degrees upper left, and bright Mercury about to set 30 degrees to moon's lower right. Using binoculars, check for Pollux and Castor about 5 and 10 degrees to Mercury's upper right. The three objects are in a slightly bent line tonight. Check again in coming nights.

Sunday, about an hour after sunset, look for moon in west with Regulus, heart of Leo, about 7 degrees to its lower right. Bright Mercury is very low in west-northwest, some 40 degrees to moon's lower right. Binoculars show Pollux 6 degrees to Mercury's right and a little higher. Castor is 4-1/2 degrees from Pollux. The three bodies lie in a straight line tonight.

An hour before sunup, the two brightest "stars" are Venus, very low in east-northeast, and Jupiter, well up in southeast. On Monday, Saturn is midway between them, 34 degrees from each.

Monday night, an hour before sunup on Tuesday, locate Venus very low in east-northeast. Using binoculars, look for the first-magnitude star Aldebaran, eye of Taurus, 5 degrees below Venus. Watch for interesting changes as the stars of Taurus get a little higher each morning.

June 30, an hour after sunset, the fat crescent moon is in southwest to west-southwest. Five bright objects mark the approximate plane of the solar system this evening: The moon, Regulus in west 32 degrees to moon's lower right and Mercury very low in west-northwest 30 degrees to lower right of Regulus; Spica in south-southwest to southwest, 23 degrees to moon's left, and Antares in south-southeast, 46 degrees to Spica's lower left.

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Review**
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Commentary

by Marv Rosen

Extracurricular Sports

While almost everyone agrees about the absolute need of the basic "Three Rs," not all really understand that more is needed in education than just learning to read, write and do arithmetic.

Most school administrations and parents will agree that "some sports" are worthwhile, but these are usually the ones with spectator appeal, or the ones that can get students scholarships to college. These are also those that can generate some revenue to cover their costs.

In reality, the sports that don't get the most spectators and media coverage are the ones which provide the greatest benefit to the students. These are the ones that allow the students to just have fun, while learning some basic truths about fair play (playing within the rules) and trying their best.

In this writer's opinion, anyone who steps on any sort of athletic field or floor, is automatically a winner, no matter what the final result.

An amusing example is watching 4- or 5-year-olds play soccer, you know the ones where almost every player but the goalies are within five yards of the ball, trying to kick it. I remember a little boy running up to his mother and asking, "Did we win, did we win." His team had lost by a 5-0 score, but he hadn't noticed.

The lessons learned in the "minor" sports are those that should be the basis of all sports, that of respect for opponents and that winning is not the only thing, especially when it comes by "bending the rules" or whatever you can get away with without being caught.

We often forget that the only true reason for the existence of any youth sport, at any level, is for the kids to participate, get some good exercise and just have fun, not for the school's reputation, their parents or to generate funds.

The "book learning" lessons are absolutely necessary to function at any level of successful living, but if emphasized to the level of eliminating any extracurricular activities, they give the student the wrong message, that there is nothing else that matters. Not so incidentally, that includes the recent trend of eliminating music, art, etc. as being unnecessary. After all, from where are the future generations of artists, musicians and similar professions to come?

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LIVE **Beat** with Greg Eichelberger

Yes, it's time again for the most irritating competition ever thought of by a brain-dead ESPN programmer with nothing better to do than pick his nose.

You got it - the "X-Games." "X" standing for "Extreme" in the same ridiculous way that some idiots use the letter to stand for "Christmas." "Extreme" is right - Extremely nauseating.

I've said it before and I'll say it again, but who in their right mind would want to watch something (in person or on TV) that some local juvenile delinquents practice in the parking lot of a Lucky's store? "Oh, sure," I can hear people say right now, "You don't skateboard, so you have no clue and no right to make fun of those who do."

Well, I do not skateboard, and have no problem with those who do, unless, of course, they are trespassing when they do it, or they loiter or engage in other illegal activity while doing it.

I'm not a boring traditionalist, but it's an activity, along with turning flips on a bicycle, para-board (or whatever they call the thing morons who jump from an airplane attached to a surfboard do) and skiing (two recent famous deaths shows the folly of that sport), that I neither take part or enjoy seeing others participate in.

Nor, do I like to bungee-jump, rock climb or rocket down a hill on a skateboard-type thing (luge) at 60 mph, either. Those who do are not bad people, just folks I have little or nothing in common with.

The image they project, though, is a bunch of generation X-ers (there's that letter again) with nothing better to do than risk life and limb at your expense (as well as mine).

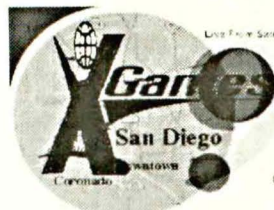
I should qualify that by saying that I am also not watching (currently) the U.S. Open in golf (the most boring of all activities) or World Cup soccer (the second dullest "sport").

And, I realize there are a few East County people involved in the "X-Games," and, like I said before, I mean no disrespect, but the hype and the full-blown coverage for peripheral sports (at best), even seasoned UT reporters are typing about kids that they wouldn't hire to mow their lawns as if they are Babe Ruth or Jim Brown. They're just riding a bike or a skateboard, people.

And even though I do not choose to do it, it's not brain surgery, nor is it like hitting a baseball or carrying the pigskin for one yards a game, either. I hope ESPN succeeds in their broadcasting of the event, but I won't be watching.

I opt to see the Padres try to put some distance between themselves and the NL West, or if Mark McGwire can close in on Roger Maris' home-run record. Come to think of it, I guess I'm just a boring traditionalist after all.

If you want your local organizations' sports, recreation or fitness events to be picked apart, too, or are just interested in having them publicized, call me at 390-7103 (or E-mail ikeforum@juno.com).



Pro soccer came along too late for Garcia

by Joe Naiman

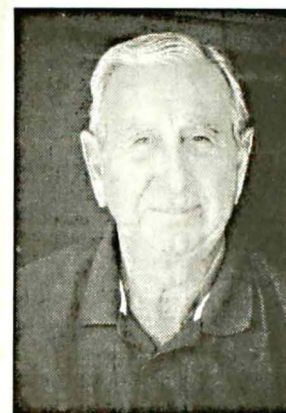
Had soccer been as professionally lucrative as baseball, El Cajon's Dave Garcia may have had a career in that sport.

Garcia, currently a scout for the California Angels, played soccer in an AAU (Amateur Athletic Union) organization. In 1939 his team won the championship in St. Louis which earned it a trip to Chicago, where it lost to that city's champions by a 4-2 score.

Garcia was a fullback for that team, which used a formation of five forwards, three halfbacks, two fullbacks and a goalie.

But Garcia, who was born in September 1920, retired from soccer at the age of 19 to play professional baseball.

Garcia grew up in East St.



Dave Garcia

Louis, Mo. where his father held two jobs; he worked at American Zinc Company and also owned a pool hall. Garcia started his work life racking balls at the pool hall from when he was eight until he was 11.

"By the time I was 10

years old, I was pretty good," he noted. He had to stand on top of a box, because he wasn't tall enough to reach the table, but his father had a constant challenge to incoming players to play Dave first in eight-ball.

If he won, the game was on the house; if the player lost, the game cost double the normal 10-cent rate. Only two players, both Mexican immigrants, ever beat him, although he would win his share against those two.

"I've never been out of a job since I was eight years old," said the 77-year-old Garcia, who has been a baseball coach and manager as well as a player.

Garcia was three months short of his 17th birthday when he graduated from high school.

He wasn't a baseball star in high school; his father died when Dave was 11 and he had to support the family by selling newspapers.

For six years Garcia got up at 5 in the morning and spent three hours in the morning and three hours in the afternoon selling papers. He worked seven days a week, 365 days a year.

Because of his job, he only played high school baseball his senior year and only home games then, so his high school career consisted of about 10 games.

Sports/Rec Notes

Girls basketball camp set for Southwestern

Southwestern College is holding a basketball camp for girls ages 7 - 12. The 1998 Take the Challenge Girl's Basketball Camp is scheduled to run from 1 - 3:30 p.m. July 6 - 9 at the campus, 900 Otay Lakes Road, Chula Vista.

The camp is for all levels of play, beginners, intermediate and advanced, and emphasizes individual basketball fundamentals and team play. Cost of the camp is \$65. Participants receive a camp t-shirt, competition instruction with video highlights of fundamentals.

The camp is coached by Southwestern's Lady Apache coach Valerie Goodwin-Colbert. Her teams have won the Pacific Coast Conference championships from 1989 through 1993 and in 1995.

East County teams participate in ABC event

East County teams from El Cajon and Lakeside were among the teams which competed in the 95th American Bowling Congress Championships Tournament held June 25 in Reno, Nev.

The Joe Norris Caravan also include teams from throughout the county. The San Diego Bowling Association dominated the 44-team San Diego contingent, which included 19 teams from the city of San Diego, five from El Cajon and teams from Chula Vista, Escondido, Oceanside and National City, plus the East County teams.

Bowling hall-of-famer Norris organized the caravan in 1995 which fielded 66 local teams. Norris noted that many of this year's bowlers in the ABC tournament were first-timers.

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